

# Sexual Assault

Sexual assault occurs anytime anyone does anything of a sexual nature without the expressed consent of the other person(s) involved.

Common reactions to sexual violence include, but are not limited to:

- Guilt
- Shock
- Powerlessness
- Self destructive behaviors

\* Statistically, on a campus the size of CMU's, students are victims of an average of 21 sexual assaults a week.

# Stalking

Stalking is repeated or continuous harassment that would cause a reasonable person to feel intimidated, threatened, terrified, or molested.

What to do if you are being stalked:

- If possible, communicate to the stalker that you do not want any contact with him/her.
- Contact the police or an assistive service (like SAPA)

\* 13% of college age females are stalked.

# Relationship Violence

Abusive behavior can take many forms including physical, sexual, emotional, medical and/or financial.

Possible warning signs of violent relationships:

- Extreme jealousy
- Controlling behavior
- Quick involvement
- Unrealistic expectations - perfect mate
- Isolation
- Blaming others for problems & feelings
- Verbal abuse
- Rigid sex roles
- Dr. Jeckyll and Mr. Hyde persona
- Past battering or threats
- Breaking or striking objects
- Any force during an argument

\* 20% of college age women will be in a relationship involving partner violence.

**Do not minimize the danger of stalking: it is a crime that must be taken seriously.**

\*based on statistics from the U.S. Department of Justice & the FBI

# How to help someone who has experienced sexual violence

**Believe them**

The number one factor in a survivor's recovery is whether or not they were believed.

**Listen**

The survivor came to you for help: talk less, listen more. Don't ask why: It isn't important. What is important is your friend's safety. Don't expect them to talk about anything they aren't ready to talk about. Control your own anger and possible desire for revenge. This is about what they need, not what you may want.

**Support**

Let them make the decisions and help support their choices. Be patient with them - healing varies from person to person. Also, if you are struggling with your own feelings, please seek help as well.

\* 52% of gay men & lesbians report at least one incident of sexual coercion by same sex partners.

Both males & females can be assaulted, stalked, harassed, and abused. Anyone can be targeted regardless of race, ethnicity, size, strength, appearance, status, or sexual identity.